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PETALUMA CITY SCHOOLS

# STUDENT & FAMILY HANDBOOK FOR COVID-19 SAFETY

2020-2021

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July 13, 2020

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## Student & Family Handbook For Covid-19 Safety

Our goal is to ensure a safe return to school for all students and staff. We are implementing preventative safety measures, including regular cleaning and disinfecting of common spaces, restrooms, and frequently touched surfaces throughout our schools and maintaining social distancing in classrooms. Please follow these guidelines to help us maintain a safe and healthy learning environment. The COVID-19 pandemic creates a fluid situation and the information in this handbook is subject to change.

You can find more resources, including videos, mental health resources, and relevant links in the [Health and Wellness section of the PCS website](http://www.petalumacityschools.org/health) at [www.petalumacityschools.org/health](http://www.petalumacityschools.org/health).

## When to Stay Home From School

Students and staff should **NOT** come to school if:

1. They have a fever of 100.0°F or higher or any symptoms of illness
  - Parents/guardians should check their child(ren) for symptoms of illness **every morning** before bringing them to school. If their temperature is 100.0°F or higher, or they have other symptoms of illness, please keep them home from school.
2. Anyone in their household has a fever of 100.0°F or higher or any symptoms of illness consistent with COVID-19
3. They may have been exposed to COVID-19 within the last 14 days
  - Exposure means that an individual has been in close contact, within 6 feet, of a positive or suspected case of COVID-19 for 15 or more minutes. This includes:
    - If a member of the household has tested positive or it is suspected that they have COVID-19 by their healthcare provider
    - You or someone in your household has traveled to a country identified as a CDC level 3 or higher risk rate (prior to, or occurring while you are in-country)
    - You or anyone in your family have been contacted by the public health department as a close contact to a case of COVID-19 and have been instructed to self-quarantine
4. If your child is experiencing symptoms consistent with COVID-19 or may have been exposed to COVID-19, please contact your child's healthcare provider for further direction regarding the need for testing and/or doctor's visit.
5. **Parents/guardians should inform the school as soon as possible if their child or family member tests positive for COVID-19 or it is suspected by their healthcare provider or if they may have been exposed to COVID-19. In order to keep this information private, you may contact the school nurse, principal, or Liz Chacón, Assistant Superintendent of Student Services at the Petaluma City School District Office.**
6. Any student or staff member who has tested positive or who has been exposed to COVID-19 must stay home from school and follow Sonoma County Home Isolation and Quarantine Instructions. *(See next page for links and additional information.)*

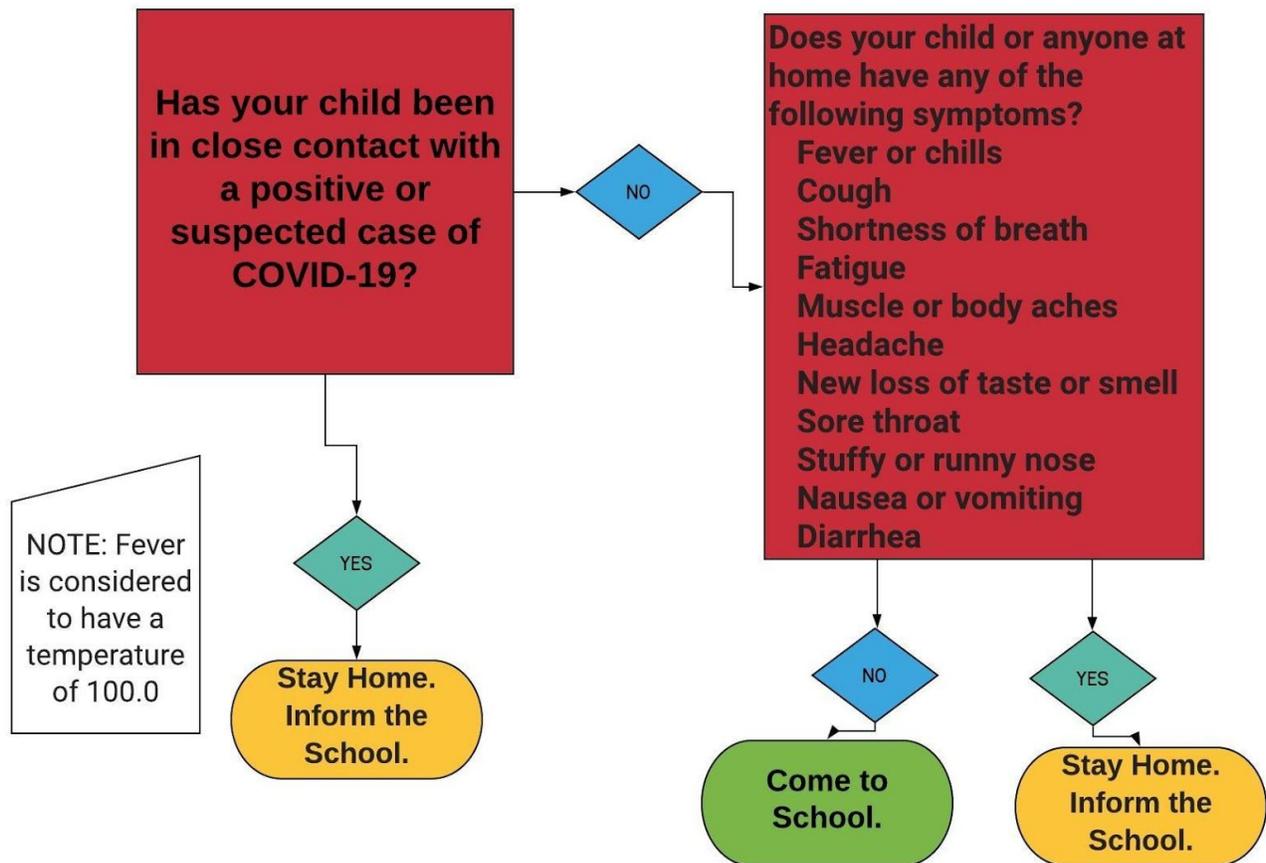
[Sonoma County Home Isolation and Quarantine Instructions](#)  
[10 things you can do to manage your COVID symptoms at home](#)

Students with known underlying health conditions may be at increased risk of severe illness. These health conditions may include Diabetes (Type I and II), immune system deficiencies, or chronic respiratory conditions. **If your child has a chronic health condition, please consult with your child's healthcare provider to determine if/when it is safe to attend school.**

Please use this decision chart to determine if your child should come to school.

## Can my child go to school today?

Start with the two red questions below...



## When to Return to School

### If a Student has Been Out of School Due to COVID-19 or Other Illness

1. Students who are infected with COVID-19 shall be excluded from on-campus instruction until a medical provider states in writing that the student is no longer contagious. (Education Code 49451; Health and Safety Code 120230; 5 CCR 202). If your child needs to stay home from school for isolation due to confirmed or suspected COVID-19 illness, please inform the school as soon as possible.

In order to return to school:

- a. **The student must meet Sonoma County's criteria to discontinue home isolation:**  
The student must be symptom-free and fever-free (100.0 or lower) for 72 hours without using fever-reducing medication or 10 days after the onset of symptoms, whichever is later.  
Please refer to: [Sonoma County Home Isolation and Quarantine Instructions](#)
- b. **AND clearance from the student's healthcare provider is required**

Parents/guardians need to contact the school office before returning their child to school. Upon returning to school, the student needs to visit the Health Office for a health check before going to class.

2. If your child has been out of school due to illness that is not related to COVID-19, your child may return to school if they have been fever-free for 36 hours without using fever-reducing medication and all other symptoms have resolved.
  - a. **A clearance from the student's healthcare provider is required to return to school after illness**

### If Staff/Student May Have Been Exposed to COVID-19

If a student or any member of their household may have been exposed to COVID-19, or if any member of the household has a confirmed or suspected case of COVID-19, please inform the school as soon as possible. **All members of the household should stay home in self-quarantine for 14 days after the last exposure.**

- a. **They may return to school if they have remained symptom-free for 14 days.** Please refer to: [Sonoma County Home Isolation and Quarantine Instructions](#)
- b. If during quarantine your child develops symptoms, please contact your child's healthcare provider for further direction regarding the need for testing and/or doctor's visit and refer to the illness protocol above.

Exposure means that an individual has been in close contact, within 6 feet, of a positive or suspected case of COVID-19 for 15 or more minutes. This includes:

- If a member of the household has tested positive or it is suspected that they have COVID-19 by their medical provider
- You or someone in your household has traveled to a country identified as a CDC level 3 or higher risk rate (prior to, or occurring while you are in-country)
- You have been contacted by the public health department as a close contact to a case of COVID-19 and have been instructed to self-quarantine

## Attendance Policies

- Parents/guardians should inform the school if their child or family member tests positive for COVID-19 or it is suspected by their healthcare provider or if they may have been exposed to COVID-19. In order to keep this information private, you may contact the school nurse, principal, or Liz Chacón, Assistant Superintendent of Student Services at the Petaluma City School District Office.
- Students who are infected with COVID-19 shall be excluded from on-campus instruction until a medical provider states in writing that the student is no longer contagious. (Education Code 49451; Health and Safety Code 120230; 5 CCR 202).
- Student absences related to illness or quarantine are considered excused absences (EdCode 48205).

## Doctor Clearance

If your child is sick, please notify the school of the reason for the absence. A physician's verification of a student's illness or quarantine *may* be submitted in order to excuse absences.

A clearance from a medical provider **will be required in order for students to return to school** after an illness. Your child may return to school **with doctor clearance** if:

1. Your child has been out of school or has been sent home from school due to COVID-19 or other symptoms of illness and is no longer contagious.
2. Your child has developed symptoms consistent with COVID-19 but has been diagnosed with a non-contagious health condition (e.g., allergies) by their medical provider.

## Community Clinics in Sonoma County

You can find a list of community health centers and clinics in Sonoma County on the [Sonoma County Department of Health Services website](#). These health centers and clinics are dedicated to providing high quality, affordable health services to families and children and will serve uninsured/underinsured families.

## Health and Hygiene Practices

### Face Coverings

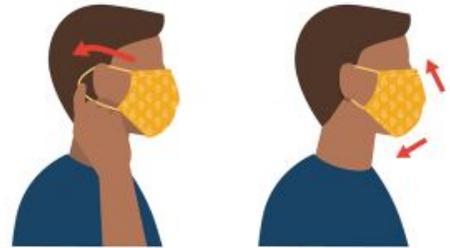
Cloth face coverings are an important additional step to help slow the spread of COVID-19 when combined with [every day preventive actions](#) and [social distancing](#) in public settings.

Face coverings should be worn by staff and students (particularly students older than 12) as feasible, and are most essential in times when physical distancing is difficult. California has now mandated that masks will be required in indoor settings for all children over age two. This is part of a statewide effort to enforce the importance of wearing masks to help stop the spread of Coronavirus. There will be exemptions for students with medical concerns.

A face covering means: a covering made of cloth, fabric, or other soft or permeable material, without holes, that covers only the nose and mouth and surrounding areas of the lower face. Examples include: a scarf or bandanna, neck gaiter, or homemade earloop mask. Halloween or plastic masks, ski masks with holes for the nose or mouth, or masks that have a one-way valve designed for easier breathing (the valves are often a raised plastic disk about the size of a quarter, on the front or side of the mask) are NOT considered an acceptable face covering.

#### Wearing face coverings correctly:

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching the face-covering while it is on. If you do need to touch or adjust the face covering, wash your hands right away.



#### Removing face coverings correctly:

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing. Wash hands immediately after removing.
- Place covering in the washing machine (learn more about [how to wash cloth face coverings](#))

## Face Coverings - Resources

Face coverings worn by students must be appropriate and meet district dress code requirements (e.g. no inappropriate fabric patterns, no Halloween masks, no hate symbols, etc.)

CDC How to Safely Wear and Take Off a Cloth Face Covering ([English](#)) ([Spanish](#))

[Cloth face coverings](#) should not be placed on:

- Children younger than 2 years old
- Anyone who has trouble breathing or is unconscious
- Anyone who is incapacitated or otherwise unable to remove the cloth face-covering without assistance

## Hand Hygiene

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school.

Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled for all students before eating and before returning to the classroom after recess.

Hand hygiene stations will be accessible on campus.

### Five steps to proper handwashing:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

### How to use hand sanitizer:

- Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

## Cough Etiquette and Other Important Health and Hygiene Practices

Please help us teach your child(ren) these important preventative measures to reduce the spread of COVID-19 and other illnesses.

- Cough and sneeze into a tissue or into the crook of the elbow, throw the tissue into the trash right away and wash hands.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick.
- Maintain 6 ft distance from others outside your home. Keeping distance from others is especially important for individuals at higher risk for severe illness.
- Please discuss the importance of community physical distancing measures while not at school, including discouraging students from gathering elsewhere.
- Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding.
- Prevent stigma by using facts and reminding students to be considerate of one another.

## Preventive Measures At School

### Arrival at School and Departure from School

Arrival and drop off times/locations will be staggered as consistently as possible to minimize scheduling challenges for families. There will be designated areas for entry to and exit from the school. Your school site will provide information on their specific protocols for the drop-off and pick-up process.

- Parents will need to stay in the car when they drop off their child(ren). For younger grades, a staff member will be present to accept each student and direct them to the wellness check area.
- Direct contact at school between students, staff, families, and the community will be minimized at the beginning and end of the school day.
- Parents will need to wait for their child's temperature check clearance before leaving campus, in case a student is asked to return home.
- If their child is taking a bus, parents should remain at the bus stop until your child is cleared to get on the bus

### Wellness Checks

**Student wellness checks will be conducted by school staff upon arrival each day before students enter the campus.**

All students will undergo a wellness check upon arrival to school each day, including temperature check with a non-contact temporal thermometer. If a student is exhibiting a fever of 100.0°F or higher and/or symptoms of illness, have exhibited symptoms of COVID-19 within the last 24 hours, or have someone at home exhibiting such symptoms or who has tested positive for COVID-19, they will not be able to attend school on campus. All health information will remain confidential. Parents should remain on campus or at the bus stop until their student has been cleared to attend school.

## Physical Guides

Petaluma City schools has the following safety measures in place to ensure students stay at least 6 feet apart while in lines, hallways, and at all other times:

- Tape on floors and sidewalks to indicate 6 feet distance
- Signs on walls to serve as a reminder to stay 6 feet away from others
- One way routes in some hallways

## Gatherings, Visitors, and Field Trips

Gatherings, or meetings, will be conducted via a virtual platform whenever possible. School sites will promote social distancing of at least 6 feet between people if events are held and limit group size to the extent possible.

Any nonessential visitors, volunteers, and activities involving external groups or organizations will be limited as much as possible – especially with individuals who are not from the local geographical area (e.g. community, town, city, county).

Long-term visitors (such as parent volunteers) and student teachers need a release of liability form and will need to commit to the same guidelines and practices as regular staff.

School sites will pursue virtual activities and events in lieu of field trips, student assemblies, special performances, school-wide parent meetings and spirit nights, as possible.

## Shared Objects

The following guidelines will be followed regarding shared objects:

- Discourage students from sharing items that are difficult to clean, sanitize or disinfect.
- Keep each child's belongings separated from others' and in individually labeled containers, cubbies or other areas.
- Limit sharing of supplies between students and disinfect between uses if sharing is unavoidable.
- Ensure adequate supplies to minimize sharing of high touch materials to the extent possible (e.g., assigning each student their own art supplies, equipment) or limit use of supplies and equipment by one group of children at a time and clean and disinfect between uses.

## Water Access

Students should bring their own water supply/water bottles from home. All drinking fountains will be disabled in order to reduce virus transmission. Water refill stations will be available for students/staff to refill their personal water bottles.

## Food Services

Petaluma City Schools plans to adhere to the following guidelines:

- We will be offering free and reduced, as well as purchased, “grab and go” meals for anyone who is interested. These will be served in classrooms, outdoors, or in a dining hall or cafeteria, while ensuring the safety of children with food allergies. If common areas such as dining halls and cafeterias are used, students will be safely separated by cohorts while maintaining the social distance standards with proper disinfection after each use.
- We will use disposable food service items (e.g., utensils, dishes). Individuals will wash their hands after removing their gloves or after directly handling used food service items.
- If food is offered at any event, it must be in pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. We will avoid sharing food and utensils and ensure the safety of children with food allergies.

## Isolation Protocol: If a Student Develops Symptoms at School

If a student develops a fever of 100.0 or higher and/or symptoms consistent with COVID-19 while at school, we will keep them under observation in an isolation room until they can be picked up.

- Parents/guardians must have a plan for picking up their child **at all times**.
- Symptomatic students should be picked up **within 30 minutes** by their parent or emergency contact. **The student cannot wait in the isolation room for the rest of the school day.**
- If a student starts exhibiting symptoms, they will be required to wear a mask.
- When the parent arrives to pick up their child, please stay in the car, call the office, and wait for the child to be escorted outside. Parents and other visitors are not allowed on campus during this time.
- Please contact your child’s healthcare provider for further direction regarding the need for testing and/or doctor visit.
- Please inform the point of contact for your school as soon as possible if your child is confirmed to have COVID-19.
- Please refer to [10 things you can do to manage your COVID symptoms at home](#)
  - [\(Spanish\)](#)

## Health Office

Parents/guardians and teachers should instruct their children that visits to the health office are only for sick or injured students and staff, who need medical care. The Health Office is a high-risk area that should only be used if medical assistance is necessary. If the health concern is not urgent, teachers and yard duty will attempt to resolve the complaint with first aid interventions before sending a student to the health office.

If you have any questions or concerns, or to report an illness, please contact your school office.

## Communications

### School Actions and Communications In Case of Possible Exposure at School

Families will be notified of school or cohort closures and any restrictions in place to prevent COVID-19 exposure (e.g., limited hours of operation) as soon as possible.

Scenario	Actions	Communication
A student or staff member either exhibits COVID-19 symptoms, answers yes to a health screening question or has a temp of 100.0°F or above.	<p>Student/Staff: Sent home and referred to contact Healthcare provider/Public Health for testing.</p> <p>Cohort remains OPEN</p>	No communication
A family member or someone in close contact with a student or staff member test positive for COVID-19.	<p>Student/Staff: Report information to school administrator, sent home to quarantine for 14 days, referred to contact healthcare provider/Public Health for testing.</p> <p>Cohort remains OPEN</p>	Communication will be sent to student families and staff of cohort through urgent District communication messaging. These may come via email, text, or app notification depending on the individual's selected preferences.
A student or staff member tests positive for COVID-19.	<p>Student/Staff: Report information to the school administrator.</p> <p>Families of student/staff: quarantine for 14 days and contact healthcare provider/ Public Health for testing</p> <p>Cohort CLOSED for 14 days from last exposure</p>	Communication will be sent to student families and staff of cohort through urgent District communication messaging. These may come via email, text, or app notification depending on the individual's selected preferences.
A student or staff member tests negative for COVID-19 after any of the above scenarios	<p>Student/Staff: May return to cohort 72 hours after symptoms resolve or 10 days after onset of symptoms, whichever is later, however they must continue isolation if in contact with COVID-19+ family member.</p> <p>Cohort remains OPEN</p>	Communication will be sent to student families and staff of cohort through urgent District communication messaging. These may come via email, text, or app notification depending on the individual's selected preferences.

## Designated COVID-19 Contacts

The designated person at each site listed on the following page is responsible for:

- Maintaining communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality
- Providing impacted individuals with family-student guidance documents, including materials in Spanish as needed
- Responding to COVID-19 concerns

**SEE NEXT PAGE FOR  
CONTACT LIST**

## Elementary Schools

School Site:	Contact:	Phone:	Email:	School Nurse:
Grant	Amanda Grey, Principal	707-778-4742	agrey@petk12.org	Dana Rodriguez drodriguez@petk12.org
Mary Collins at Cherry Valley	Amy Schlueter, Principal	707-778-4740	aschlueter@petk12.org	Dana Rodriguez drodriguez@petk12.org
McDowell	Samuel Martinez, Principal	707-778-4745	smartinez@petk12.org	Kristin Bianchi kbianchi@petk12.org
McKinley	Ani Larson, Principal	707-778-4750	alarson@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
McNear	Liza Eichert, Principal	707-778-4752	leichert@petk12.org	Kristin Bianchi kbianchi@petk12.org
Penngrove	Amy Fadeji, Principal	707-778-4755	afadeji@petk12.org	Dana Rodriguez drodriguez@petk12.org
Valley Vista	Catina Haugen, Principal	707-778-4762	chaugen@petk12.org	Kristin Bianchi kbianchi@petk12.org

## Secondary Schools

School Site:	Contact:	Phone:	Email:	School Nurse:
Kenilworth Junior High	William Ortlinghaus, Ass't Principal	707-778-4713	wortlinghaus@petk12.org	Dana Rodriguez drodriguez@petk12.org
Petaluma Junior High	Danna Rocca, Ass't Principal	707-778-4727	drocca@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
Petaluma Accelerated Charter (PACs)	Ani Larson, Principal	707-778-4750	alarson@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
Casa Grande High	Christina Lee, Ass't Principal	707-778-4681	clee@petk12.org	Kristin Bianchi kbianchi@petk12.org
	Samantha Azofeifa, Ass't Principal	707-778-4681	sazofeifa@petk12.org	
	Stephan Owens, Ass't Principal	707-778-4681	sowens@petk12.org	
Petaluma High	Erin Dinday, Ass't Principal	707-778-4955	edinday@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
	Giovanni Napoli, Ass't Principal	707-778-4944	gnapoli@petk12.org	
San Antonio High	Rebecca Lofton, Principal	707-778-4758	rlofton@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
Valley Oaks High	Rebecca Lofton, Principal	707-778-4794	rlofton@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
Sonoma Mountain High	Greg Stevenson, Principal	707-778-4738	gstevenson@petk12.org	Kristin Bianchi kbianchi@petk12.org
Carpe Diem High	Greg Stevenson, Principal	707-778-4796	gstevenson@petk12.org	Genevieve Foster gfoster-freedman@petk12.org
Petaluma Adult School	Lori Deen, Ass't Principal	707-778-4808	ldeen@petk12.org	N/A

## Summer Sports Conditioning

Petaluma City Schools (PCS) recognizes that athletics is an integral part of the school experience. Proper training and conditioning is essential to provide a safe environment. The PCS Athletic Trainers and Athletic Directors have developed outdoor facility use requirements using **CDC recommendations, NFHS Guidance for Opening Athletics and Activities**, as well as the **Sonoma County Guidelines No. C19-14** that allows student-athletes to condition and develop skills while practicing social distancing, proper handwashing techniques (use of hand sanitizer if hand washing is not available), proper hygiene, and proper use of PPE.

It is the responsibility of coaches to adhere to and enforce these requirements. Student-athlete safety is PCS first and foremost priority, however any coach facilitating summer conditioning events assumes all risk since coaches are not employed by PCS outside of the sport's established season. If these protocols are not followed, there is an increased risk in the transmission of COVID-19 which may result in the cancellation of athletics in 2020-2021.

### Group Requirements:

- Per the Sonoma County health order, workouts will be conducted in “stable groups” of 10 or fewer athletes. Athletes must stay in the same group for a minimum of 2 weeks. This limits exposure if someone develops an infection
  - Once the 2 week period starts, there is no adding athletes to a “stable group.”
  - In order for coaches to supervise multiple groups, the coaches must wear face coverings at all times and maintain 6 foot distance during activity.
- **NO DIRECT PHYSICAL CONTACT**
- For health, safety, and liability purposes, the use of shared equipment is not permitted by current CIF guidelines. Coaches take on personal responsibility and liability if they allow individual equipment to be used. The CIF ‘Return to Activity Guidelines’ outlines permitted activities and sport-specific use of individual equipment.
  - See cleaning guidelines for equipment below
- No tournaments, competitions, or other sporting events.
- **No group traveling or overnight camps.**
- Face coverings will be worn by athletes and coaches whenever social distancing guidelines cannot be maintained.
  - Cloth face coverings should be considered acceptable. “Medical grade” masks are not recommended or required for physical activity.
- Coaches must ensure hand sanitizer is available for each individual as they transfer from place to place. It is recommended that each athlete provide their own.
- No sharing of personal items including clothing, towels, or water bottles.
- All athletes shall bring their own individually labeled water bottle. Water bottles will not be shared. Hydration stations will not be utilized.
- If multiple groups will be using the same facilities at the same time, then each group must maintain a 6-foot distance from other groups.
- If multiple groups will be using the same facilities at different times, then there should be a minimum of a 15-minute transition period to prevent the overlapping of athletes and time for sanitizing.
- The CDC recommends that vulnerable individuals should not oversee or participate in summer conditioning workouts. Vulnerable individuals are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

## Before the first session:

- Athletes and coaches must complete and turn in the Assumption of Risk and Waiver of Liability Relating to COVID-19, with parent/guardian signature before the first session.
- Athletes and coaches must complete and turn in the Student-Athlete COVID-19 Pre-Participation Questionnaire before the first session.
  - Any coach or athlete exhibiting positive symptoms will not be allowed to participate and is required to contact their primary care provider or health-care professional for additional screening. Medical physician clearance with documentation will be required in order for the individual to return to participation.

## Daily Check-Ins

- All coaches and athletes must review the COVID-19 signs/symptoms checklist and verbally report if the athlete/coach or a member of their household has presented with symptoms. Answers must be documented and coaches will be responsible for maintaining records. These records must be kept confidential.
- Daily temperature checks are required before participation per Sonoma County and CIF guidelines
  - If a participant or coach has a temperature reading of 100.0°F (38°C) or greater, then that person will not be allowed to participate.
  - In the event a coach or athlete has a temperature reading of 100.0°F (38°C) or greater with no other symptoms present, they may be retested in 10 minutes. If a second reading is still 100.0°F (38°C) or greater, the individual will not be allowed to participate.
  - Touch-free medical grade forehead infrared thermometers are the recommended method for temperature readings.
  - If touch-free thermometers are not available, thermometers must be sanitized with a solution containing a minimum of 70% isopropyl alcohol before each use and between individuals.
- Any coach or athlete exhibiting positive symptoms will not be allowed to participate and is required to contact their primary care provider or health-care professional for additional screening. Medical physician clearance with documentation will be required in order for the individual to return to participation.

## Sanitizing and Hygiene

- If equipment is used, the equipment should be disinfected by the coach after each session.
  - Per CDC recommendations found in, “Coronavirus Disease 2019 (COVID-19) Cleaning and Disinfecting Your Facility” dated 5/17/2020
  - Recommended to use a EPA-registered household disinfectant
  - Diluted household bleach (leave on surface for 1 min)
    - **Do not mix with other disinfectants / cleaners**
    - 5 Tablespoons (1/3 cup) per gallon of water
    - 4 teaspoons per quart of water
  - Alcohol solutions with at least 70% alcohol
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before and after touching any surfaces.
- Athletes need to understand the importance of showering and washing their workout clothes immediately upon returning to home.

**These requirements may change as state and county conditions evolve.**

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PETALUMA CITY SCHOOLS

# FORMS & DOCUMENTS

2020-2021

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July 13, 2020

## COVID-19 Student Assessment Checklist

**Purpose:** Based on various state health orders, all students, on a daily basis, are to be screened for signs of respiratory illness accompanied by fever PRIOR to coming to school.

**Instructions:** Complete this assessment for each student in your household prior to them coming to school each day.

1. Contact your doctor if anyone in your household has the following severe symptoms:

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion or inability to stay awake
- Blue lips or face

This is not a complete list. If you think you are experiencing a medical emergency, call your Provider immediately or call 911.

2. In the last 24 hours has the student been in contact with anyone with a known case of COVID-19 virus?

- YES
- NO

If YES, please do not report to school. Contact the school to inform them of your absence. Stay home and monitor your symptoms and contact your medical provider to consult on next steps. \* If NO, proceed to question #2.

3. Has the student had any of the following symptoms?

- Any symptoms experienced have been cleared by our primary care provider
- Cough
- Fever (Temperature above 100.0°F)
- Chills
- Sore Throat
- Feeling achy
- Shortness of breath/difficulty breathing
- Nausea or vomiting
- Unusual or new headache in last 24 hours
- Diarrhea
- Loss of taste or smell
- Tingling or numbness
- None of the above

If YES to ANY, students should not report to the school building. Contact the school to inform them of your absence. Stay home from school, monitor symptoms, and contact your medical provider to consult on next steps.

If NO to all, proceed to school. Your temperature will be taken when you arrive. Upon entry to the building, wash your hands or use alcohol-based hand sanitizer.

## **VOLUNTEER ACTIVITY**

### **COVID-19 ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of allowing the below identified individual to participate in \_\_\_\_\_ (“Activity”) offered by \_\_\_\_\_ School District (“District”) and related events and activities, including transportation associated with such Activity, the undersigned acknowledges and agrees that:

1. I understand, acknowledge and agree that the District, its employees, officers, agents or volunteers (“Releasees”) shall not be liable for any injury/illness suffered by myself which is incident to and/or associated with preparing for and/or participating in this Activity and I voluntarily assume all risk, known or unknown, of illnesses and injuries, howsoever caused, even if caused in whole or in part by the action or inaction of the released parties to the fullest extent allowed by law; and,
2. Participation in Activity includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation as it relates to protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease Control (CDC), the California Department of Public Health and Sonoma County Health Services regarding the risks associated with COVID-19 exposure and safe practices to follow. I am informed of the dangers of participation in Activity and the required rules and regulations to allow participation in Activity; and,
5. I, for myself and on behalf of my child, heirs, assigns, personal and representatives hereby release and hold harmless the District, its officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the Activity, with respect to any and all illness, disability, death, loss or damage to person or property, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I ACKNOWLEDGE THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Volunteer: \_\_\_\_\_

Volunteer signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

**ATHLETIC / EXTRACURRICULAR ACTIVITY****COVID-19 ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of allowing the below identified minor to participate in \_\_\_\_\_ (“Activity”) offered by \_\_\_\_\_ School District (“District”) and related events and activities, including transportation associated with such Activity, the undersigned acknowledges and agrees that:

1. I understand, acknowledge and agree that the District, its employees, officers, agents or volunteers (“Releasees”) shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this Activity and I voluntarily assume all risk, known or unknown, of injuries, howsoever caused, even if caused in whole or in part by the action or inaction of the released parties to the fullest extent allowed by law; and,
2. Participation in Activity includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my child’s participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation as it relates to protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease Control (CDC), the California Department of Public Health and Sonoma County Health Services regarding the risks associated with COVID-19 exposure and safe practices to follow. I have informed and discussed the dangers of participation in Activity and the required rules and regulations to allow participation in Activity to my child and he/she acknowledges a full understanding of such; and,
5. I, for myself and on behalf of my child, heirs, assigns, personal and representatives hereby release and hold harmless the District, its officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the Activity, with respect to any and all illness, disability, death, loss or damage to person or property, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I ACKNOWLEDGE THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Minor Child: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

## Athletic Training Department Assumption of Risk and Waiver of Liability Relating to COVID-19

I understand that those participating in interscholastic athletics, physical education activity classes, and/or conditioning classes are at a higher risk of exposure to the COVID-19 virus due to the lack of social distancing, shared equipment, and ventilation. In order for student-athletes to participate in interscholastic athletics, physical education activity classes, and conditioning classes, they are required to read and sign the following Assumption of Risk and Liability Waiver.

I understand that COVID-19 is extremely contagious and has been declared a worldwide pandemic by the World Health Organization<sup>3</sup>.

1. I understand that COVID-19 symptoms can be serious and life-threatening, particularly for at-risk individuals including (but is not limited to) young children, elderly persons, and/or those with such pre-existing conditions as chronic kidney disease, pulmonary diseases (including asthma), weakened immune systems, obesity, heart problems, sickle cell and Type 2 diabetes.
2. I understand that by participating in sports/conditioning classes and utilizing the facilities associated with them, I may knowingly or unknowingly transmit the virus to my family, friends, teammates, and/or others I may come into contact with.
3. I understand that there is an increased risk of exposure to the virus by participating in competitive events with other schools, both in and out of conference. The risk of exposure also exists during travel to and from any and all away games<sup>4</sup>.
4. I understand that while every attempt is made to minimize chances of exposure, there are no guarantees that can be made and that individuals who have contracted the virus may be asymptomatic.

To do my part to limit the exposure to and/or transmission of COVID-19, to myself and those around me, I agree to adhere to the recommendations of the CDC including:

- Proper general hygiene (<https://www.cdc.gov/healthywater/hygiene/body/index.html>)<sup>1</sup>
- Proper handwashing techniques (<https://www.cdc.gov/handwashing/when-how-handwashing.html>)<sup>1</sup>
- Use of hand sanitizer when handwashing is unavailable
- Proper use of personal protective equipment (gloves, masks, and/or eye protection)
  - It is required that each athlete provide their own personal items, workout clothing, towels, water bottles, hand sanitizer and any other personal items needed for summer conditioning.
  - No sharing of personal items including clothing, towels, or water bottles at anytime during summer conditioning
  - All athletes shall bring their own individually labeled water bottle. Water bottles will not be shared. Hydration stations will not be utilize

- Not sharing any personal items (towels, soap, brushes, clothes, water bottles, make up, lip balm, etc.)

**I will report any possible COVID-19 exposure or symptoms to the athletic training department.**

I voluntarily agree to assume all risks and accept sole responsibility for any injury and/or illness to myself. I hereby release, covenant no to sue, discharge, and hold harmless Petaluma City Schools, their officers, officials, agents, volunteers, employees, other participants, sponsoring agencies, sponsors, advertisers (“Releasees”), with respect to any and all injury, illness, disability, loss or damage to person or property, expenses, and/or death arising out of or relating to COVID-19. I understand this release includes any claims based on the actions, omissions, or negligence of the Releasees, and whether a COVID-19 infection occurs before, during or after my participation.

The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and all members of my family.

Student-Athlete Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_